

## AMENDMENTS TO THE CLAIMS

Please cancel claims 1-20 without prejudice or disclaimer to continued examination on the merits. Please add claims 21-39, which are fully supported by the application as filed:

1-20. (Cancelled)

21. (New) A method for lessening the duration of the active labor and pushing stages of childbirth, said method comprising:

Providing a birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handhold, and a pair of v-arms, each v-arm termination in a wrist loop, and wherein said aide's end comprises at least one loop;

Pulling against said source of resistance so that the force exerted by a user's perineal and rectal muscles are increased.

22.(New) The method of claim 21, wherein said wrist loops provide a no support for the mother, they simply keep the said significant other from handing the rope to the mother over and over again if she lets go of it in between contractions.

23. (New) The method of claim 21, wherein said handhold is selected from a group consisting of a braided knot, handlebars, molded rubber handgrips, plastic handgrips, beads and balls.

24. (New) The method of claim 21, wherein said elongated cord made from a material selected from the group consisting of rope, bungee cord, cable, or chain.

25. (New) The method of claim 21, wherin each of elongated cord, said mother's end and said aide's end, is made from rope.
26. (New) The method of claim 25, wherin said rope is made from natural fibers, synthetic fibers, or a mixture thereof.
27. (New) The method of claim 26, wherin said synthetic fiber is selected from the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.
28. (New) The method of claim 26, wherein said natural fiber is selected from the group consisting of nylons, polyesters, polyolefins, liquid crystal polymers, or mixtures thereof.
29. (New) A system for lessening the duration of the active labor and pushing stages of childbirth, said system comprising:  
A birthing aide, said birthing aide comprising an elongated cord having a mother's end and an aide's end, wherein said mother's end comprises a handheld knot, and a pair of v-arm loops. Each v-arm terminating in a wrist loop, and wherein said aide's end comprises only one v-arm loop.  
A source of resistance at said aide's end;  
Wherein a user inserts her wrists through said wrist loops, and grasps said birthing aide in the vicinity of the said handheld knot only loops hanging loosely on the wrist.  
The force exerted by said user's perineal muscles and by said user pushing at the same time redirects where the users point of focus is going. Therefore pushing time is decreased and redirected to the correct point of origin the rectal and perineal area.

32. (New) The system of claim 30, further comprising the steps of:  
applying a pulling force to said aide's end; and  
adducting the user's peri and rectal area by said pulling force so that  
said area is positioned at an angle which opens the birth canal and facilitates child  
delivery.
33. (New) The system of claim 30, wherein said handhold is selected from a  
group consisting of a braided knot, molded rubber handgrips, plastic  
handgrips, beads, and balls.
34. (New) The method of claim 30, wherein said elongated cord made from a  
material selected from the group consisting of rope, bungee cord, cable, or  
chain.
35. (New) The method of claim 30, wherein each of elongated cord, said  
mother's end and said aide's end are made from rope.
36. (New) The method of claim 36, wherin said rope is made from natural  
fibers, synthetic fibers, or a mixture thereof.
37. (New) The method of claim 37, wherein said synthetic fiber is selected  
from the group consisting of nylons, polyesters, polyolefins, liquid crystal  
polymers, or a mixtures thereof.
38. (New) The method of claim 37, wherein said natural fiber is selected from  
the group consisting of cotton, jute, flax, hemp, abaca, sisal, or henequen.